

Table of Content

Welcome

What is a Holistic Detox
Circadian Rhythm & Creating Routines
10 Day Holistic Detox Overview
Holistic Protocol to Reduce Inflammation
Boost Your Immune System

Detox the Body

Elimination System
The Ultimate Guide to Poop
Detoxing Your Lifestyle
Hydration & Herbal Teas
Caffeine Detox
Dry Skin Brushing
Aromatherapy
Epsom Salt Bath
Exercise
Yoga

Detox the Mind

Detoxing from Toxic Relationships
Meditation
Pranayama
Mantras

Detoxing with Nutrition

Holistic Nutrition
Foods to Avoid
Foods to Enjoy
Holistic Detox Daily Menu
Restaurant Guide For Eating Out

Recipes for 10 Day Holistic Detox

Breakfast Pudding
Catte's Breakfast Oats
Mason Jar Salad
Catte's Salad Dressing
Catte's Arugula Soup
Catte's Lentil Stew
Catte's Curried Meatballs
Steak or Lamb Chops
Beef Chili
Shrimp or Scallops
Salmon
Lobster
Lemon Fish or Chicken
Catte's Asian Fusion
Roasted Chicken
Catte's Chicken Broth
Roasted Vegetables
Sofrito
Catte's Lemon Asparagus
Spaghetti Squash
Catte's Cheesy Kale Chips
Baked Apples
Pecan Coconut Truffles
Turmeric Latte

Appendix

Tips for a Successful Detox
10 Day Calendar
Holistic Coaching
Reflection